

To Parents/Guardians

Imawatari Kita Elem. School
Principal Watanabe Masahiro

熱中症対策について

Things to Remember to Avoid Heat Stroke

Thank you very much for your cooperation and understanding regarding the activities of our school, Imawatari Kita Shougakko.

As the school reopens, while we request everyone's cooperation in wearing face masks to prevent the spread of infections caused by the coronavirus, we are also concerned about heat stroke due to rising temperatures. In this regard, the following measures will be put in place until early October. We appreciate your understanding and cooperation

【At Home】 Make sure to eat breakfast.

※Eat salty foods such as miso soup and umeboshi.



【At School】

<Things Students need to be Careful About>

☆During outdoor activities (playground), students must wear a red/white cap.

☆Ensure to drink water or tea and take breaks.

☆Use an umbrella (such as a parasol) when coming to and going home from school. (When needed)



<School Advice on Things to Watch Out For>

★Morning health observation. The teacher will check the students' physical condition.

★During P.E. and outdoor activities, masks will be removed, and time will be given for drinking water/tea and monitoring physical condition.

★Ensure that the red/white cap is always worn.

★During times when heatstroke is possible (sudden temperature increases, high temperatures), outdoor play and activities will be stopped.

★If a student's condition appears poor, they will be rested immediately and not pushed to continue.

★On days when there is a risk of heatstroke, Salt Tablets will be provided at dismissal if necessary.

【Things to Do to Avoid Heat Stroke... About Using a "Cool Neck Towel"】

This towel becomes cold when wet and can help keep you cool. There are many types and brands available, such as "cool band," "aqua cool," "cool scarf," "cool towel," etc. It can be tied around the neck and arms to prevent body temperature from rising and to help avoid heat stroke. The following are the school's rules regarding its use:

「Rules for Using This at School」

・Avoid using those with designs (characters); choose plain and simple ones.

・Must have name written on it.

・Lending and borrowing are prohibited.

・Do not touch items used by others.

・Use only when necessary.

・When wanting to use it, inform the teacher (it can be used after P.E. And during class).

・Since activities are meant to stimulate and raise body temperature, do not use it during regular hours. For safety, do not use it during P.E. or while engaging in activities.

※ After using it, for hygiene and safety, each student should put it in a case or bag before placing it in their backpack



Consider the physical condition when using the cool towel. For parents, please remind your children to ensure that it is used only in the proper way and at the necessary times.